

**ABSTRACT OF THE DISCLOSURE**

A support assembly for kneeling includes a girdle for positioning  
5 around a waist of the person. Each of a pair of elongated supports has an upper end and a lower end. Each of a pair of feet is attached to one of the lower ends. Each of a pair of straps is attached to one of the supports for securing such to legs of the person. Each of a pair of brackets is attached to the girdle such that the brackets are positioned on opposite sides of the  
10 girdle. Each of the upper ends of the supports is pivotally coupled to one of the brackets. The girdle is positioned on the person such that the feet are positioned below and in front of each of a pair of knees of the person. The feet support the person's weight when the person is in a kneeling position.

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